

**WHAT IS CLAIMED IS:**

1. A ventilating insole comprising an upper insole; a lower insole, a stripe positioned between the upper insole and the lower insole, a ventilation layer upon ( or below ) the upper insole, and a plurality of spiral springs attached between the upper insole and the lower insole; the strip being a closed shape and being formed as an air chamber between the upper insole and the lower insole; the plurality of spiral springs being disposed within the air chamber for restoring the air chamber as the upper insole is pressed;

the upper insole having a plurality of air outlets at position corresponding to tiptoes of the foot and has a plurality of air inlets at position corresponding to the heel of a foot; the ventilation layer being attached to the upper insole; the ventilation layer having a plurality of air inlet holes communicable to the air inlets of the upper insole but no holes communicable to the air outlets;

wherein by the air inlets and air inlet holes, when the insole is treaded, the air in the air chamber will flows to the air outlets of the upper insole and the ventilation layer; then air flows to the toes so that heat of the foot is dissipated.

2. The ventilating insole as claimed in claim 1, wherein the spiral spring is formed as with a tapered shape; a top of the spiral spring is parallel to a bottom of the spiral spring and the bottom one stretches out another circle to fixed to the lower insole or the upper insole. So

**that the spiral spring is fixed to the lower insole or the upper insole.**